

What is claimed is:

1. A method of treatment of a person having a high neurotransmitter level pattern, comprising the step of administering to the person therapeutically effective amounts of 5-hydroxytryptophan, L-theanine, and one or more compounds selected from the group consisting of tyrosine, N-acetyl-L-tyrosine, and phenyl alanine.

2. The method of claim 1 including administering therapeutically effective amounts of neurotransmitter modulators L-aurine and L-glutamine.

3. The method of claim 1 wherein said administering is carried out in three timed phases, a first phase of from 2 to 4 weeks of treatment, a second phase of from 1 to 3 months of treatment and a third phase of from several months to several years, with different compositions being administered in each of said phases.

4. The method of claim 3, wherein in said first phase, 5-HTP and L-theanine are administered, but a compound from the group consisting of tyrosine, N-acetyl-L-tyrosine, and phenyl alanine is not administered.

5. The method of claim 4, wherein in said second phase, 5-HTP, L-theanine and at least one compound selected from the group consisting of tyrosine, N-acetyl-L-tyrosine, and phenyl alanine are administered.

6. The method of claim 5, wherein, in said second phase, at least one compound selected from the group consisting of taurine and/or L-glutamine are also administered.

7. The method of claim 5 wherein in the third phase, 5-HTP, L-theanine, and at least one compound selected from the group consisting of tyrosine, N-acetyl-L-tyrosine,

and phenyl alanine are administered, but the amount of 5-HTP administered is less than that administered during said first phase.

8. The method of claim 5 wherein at least one compound selected from the group consisting of taurine and/or L-glutamine is administered.

9. The method of claim 7 wherein at least one compound selected from the group consisting of taurine and/or L-glutamine is administered.